

Women and Osteoporosis

Facts

- Women make up 68% of osteoporosis cases
- One out of every two women have an osteoporosis-related fracture in their lifetime
- Osteoporosis caused over 4,100 bone fractures in Michigan in 2005, costing \$43 million
- After a hip fracture 20% of people die within one year, 25% become disabled because of the fracture

What is Osteoporosis?

After women experience menopause, the body removes more bone than it replaces. This may lead to osteoporosis. A medical condition characterized by;

- Low bone mass and deterioration of bone structure
- Can lead to fractures most commonly the wrist, spine and hip

National Osteoporosis Foundation Risk Factors

- Increasing age
- Female
- Family or personal history of fracture as an adult
- Caucasian or Asian
- Normal or early Menopause
- Inactive lifestyle
- Cigarette smoking
- Inadequate calcium intake
- Certain medications, such as glucocorticoids

Prevention and Treatment

- Consume the recommended amounts of calcium and vitamin D
- Participate in regular weight bearing exercise such as dancing or walking
- Reduce your risk of falls move things out of pathways in your home
- If you are postmenopausal with one risk factor, or over 65 you should get a bone mass density test (bmd). This will help to determine your bone density and risk of fractures.
- If you have low bone density you may want to consult your physician to determine if a medication for post-menopausal osteoporosis may be appropriate for you

For more information, see www.osteoporosis.org. The Michigan Women's Commission is working to ensure healthy bones for Michigan women by bringing awareness to the issues of osteoporosis. Please join us in ensuring healthy bones for Michigan women.